

ABSTRACT

THESIS: A Study of the Relationship between Shyness and Recognition of Facial Expression and Emotion in a Sample of Young Adults

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PAGES: 52

Previous research indicates a link between shyness and the ability to recognize facial expressions of emotion, particularly among children. The current study examined college students' facial recognition as a potential influence on their levels of self-reported shyness. Three factors related to facial expression recognition were examined: the participants' ability to accurately identify facial expressions, their ratings of the intensity of the faces, and their tendency to make positive or negative interpretation errors. Demographic variables, introversion, self esteem, and mood were also examined for their ability to predict shyness. The results indicated a weak relationship between facial expression recognition and shyness. Possible limitations and future directions for research are addressed in light of these new findings.